



Look Out For Lead

Take Steps to be Lead Smart

Wash your hands. Washing your hands often will help you keep lead out of your body. Frequent washing of toys and pacifiers belonging to young children is also a good idea.



Eat more fruits and vegetables. When you eat foods with iron, calcium, and Vitamin C, they may help protect you from lead. A full stomach absorbs less lead. Try to have three healthy meals and two good snacks a day.

Clean up after you play. Lead dust can be found inside and outside. Washing your hands and wiping your feet after you play will help protect you from lead dust and help keep it out of your home.



Tell your friends and family about lead safety. Some jobs and hobbies may expose people to lead. Help keep younger sisters or brothers safe by teaching them to be **“Lead Smart.”**



Lead

SMART CHART

My name is _____

This week I am taking steps to be Lead Smart at home and at school.

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wash your hands before eating.							
Wash your hands after playing.							
Wipe your feet when going indoors.							
Eat fruits and vegetables.							
Talk to your family and friends about lead safety.							

Message to Parents: Childhood lead poisoning is an environmental illness that may threaten any child. It may cause physical problems or even lead to loss of IQ points and result in permanent brain damage. Children at the highest risk are those under 6 years old who live in or regularly visit a home that was built before 1978. If you have a child under 6 years old, ask your health care provider if your child should have a lead test. For more information about lead and lead safety, contact your local DHEC public health department. Or call us toll-free at 1-866-466-5323.



South Carolina
Department of Health
and Environmental Control
Women and Children's Services